



## Episode 55 : **Can Shy People Really Love Their Bodies**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona talks about the time in her life when she was so shy that couldn't be in allowance of others noticing her body and never dreamt she could change her reality. She shares with us the tools to help us to enjoy our bodies and asks: "What would it take for us to have the perspective that everybody is beautiful and every BODY is beautiful?"

### **Key messages:**

- Shyness is not just about the voice, we can also be shy around our bodies
- Being shy around our bodies is a way to separate from our bodies
- We can't change anything we're judging, it requires being in allowance of whatever are bodies are in this space
- Beautiful bodies are not about how they look
- When we, as beings, are in connection with our bodies, everything feels yummy, delicious and fun

- In order to have that communion, that yum, we need to learn to be in allowance of our bodies as they are and, this is the space we can start to change things from
- Shy people can learn to get over that separation from their bodies, we can be ok with people looking at us, even enjoying us

## Tools and Questions

*Truth, all the energy that comes up when you hear Fiona talk about not being able to enjoy your body and be in connection with it, will you destroy and uncreate it?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

*All the energy that comes up when you hear of being able to enjoy your body and be in communion with it beyond what is considered acceptable by this reality, will you destroy and uncreate it?*

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*All the energy that come up for you when you hear Fiona talk about shyness being a separation from the body, truth, will you destroy and uncreate it? Thank you.*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®

*What if you didn't have to separate from your body?*

*What if as a shy person you could use the tools you have to be in communion with your body?*

*What's possible for being in communion with your body?*

*What if you could be in allowance of your body?*

*What if you could actually enjoy your body, no matter what anyone else thinks?*

*Everything that hearing you can learn to be ok with people enjoying your body, truth, will you destroy and uncreate it? Thank you.*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®

## Resources:

> Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)

> [Find me](#)

> Find my [upcoming classes](#)

> [Access Consciousness Clearing Statement®](#)

> [Falling In Love With Your Beautiful Body Class](#)